

November 2021

EVENTS, PROGRAMS & ACTIVITIES

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|--|
| 1 Cribbage 9:00 Knitting 9:30 Tai Chi 11:00 Art Class 1:00 Card Making 1:00 Yoga 4:30 Garden Club 7:00 | 2 Cribbage 9:00 Foot Care 9:00 Strength Training 10:00 Canasta 12:30 Line Dancing 4:00 | 3 Cribbage 9:00 Strength Training 10:00 Crafts & Laughs 6:00 Card Making 6:00 | 4 Cribbage 9:00 Strength Training 10:00 | 5 Cribbage 9:00 Wii Bowling 1:00 Pitch 6:00 |
| 8 Cribbage 9:00 Knitting 9:30 Tai Chi 11:00 Art Class 1:00 Yoga 4:30 | 9 Cribbage 9:00 Strength Training 10:00 Canasta 12:30 Line Dancing 4:00 | 10 Cribbage 9:00 Strength Training 10:00 Senior PATROL 1:00 Crafts & Laughs 6:00 | 11 Veterans Day | 12 Cribbage 9:00 Wii Bowling 1:00 Pitch 6:00 |
| 15 Cribbage 9:00 Knitting 9:30 Tai Chi 11:00 Art Class 1:00 Card Making 1:00 Yoga 4:30 | 16 Cribbage 9:00 Reflexology 9:00 Strength Training 10:00 Canasta 12:30 Line Dancing 4:00 | 17 Cribbage 9:00 Strength Training 10:00 Crafts & Laughs 6:00 | 18 Cribbage 9:00 Strength Training 10:00 Chair Massage 11:00 | 19 Cribbage 9:00 Wii Bowling 1:00 Pitch 6:00 |
| 22 Cribbage 9:00 Knitting 9:30 Tai Chi 11:00 Art Class 1:00 Yoga 4:30 | 23 Cribbage 9:00 Table Massage 9:00 Strength Training 10:00 Canasta 12:30 Line Dancing 4:00 | 24 Cribbage 9:00 Strength Training 10:00 COA Board 4:00 Crafts & Laughs 6:00 | 25 Thanksgiving | 26 Closed |
| 29 Cribbage 9:00 Knitting 9:30 Tai Chi 11:00 Art Class 1:00 Yoga 4:30 | 30 Cribbage 9:00 Table Massage 9:00 Strength Training 10:00 Canasta 12:30 Paraffin Wax 1:00 | | *For Details on Special Programs See front page or other pages in Newsletter | |